



www.fourcorners.ne.gov

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November 2019

### Savory Sweet Potato Mash

- 1 1/2 lbs sweet potatoes, peeled and cubed
- 1 1/2 Tbsp butter
- 1 Tbsp olive oil
- 2 tsp finely chopped fresh thyme, plus leaves for garnish
- 1/4 cup low-fat milk
- 1/2 tsp kosher salt
- 3/8 tsp black pepper

Nutrition Facts: 205 calories, 8.1g fat, 3g protein, 31g carbohydrate, 11g sugars, 4g fiber, 12mg cholesterol, 331mg sodium.

Reduce calories, sodium, and cholesterol on this savory spin of a traditional fall side dish.

1. Place sweet potatoes in a large saucepan; cover with water 2 inches above potatoes. Bring to a boil over high; reduce heat to medium-low, and simmer until tender, about 18 minutes. Remove from heat. Drain and return potatoes to saucepan.
2. Combine butter and olive oil in a small skillet over medium; cook until browned and fragrant, about 3 minutes. Remove from heat; stir in thyme.
3. Add milk, salt, and pepper to sweet potatoes; mash with a potato masher to desired consistency. Drizzle with butter mixture; gently stir once or twice. Garnish with thyme leaves.



Source: Cooking Light  
<https://www.cookinglight.com/recipes/savory-sweet-potato-mash>

### Portion Size Matters

What's the difference between Portion and Serving?

A **portion** is how much food you choose to eat at one time. It can be from a restaurant, a package, or prepared by your own hands. A portion is 100 percent under our control. Many foods that come as a single portion actually may be giving you multiple servings.

A **serving size** is the amount of food listed on a food item's Nutrition Facts label. All the nutritional values (calories, fat, sugar, etc.) you see on the label are for the serving size the manufacturer lists for that package or item.

Knowing the difference between portion and serving size makes it easier to decide how much to serve yourself and others. Using right-sized portions helps everyone with being at a healthy weight, whether to maintain, gain, or lose.

Adapted from : <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/portion-size-versus-serving-size>

To learn more about serving sizes and how to use a Nutrition Label, go to:

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/understanding-food-nutrition-labels>

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 430mg	19%
<b>Total Carbohydrate</b> 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Stress Management Corner Mental Health Tools

Check out these two helpful resources that could benefit you and your family:

#### **American Mental Wellness Association**

The American Mental Wellness Association is the umbrella organization which unites individuals and organizations together as one voice for mental wellness in the United States.  
<https://www.americanmentalwellness.org/>  
 Find topics, screening tools, and more.

#### **Centers for Disease Control and Prevention (CDC)**

The CDC's page on Mental Health includes resources for:

- People seeking treatment
- Children's mental health
- Adult mental health
- Coping with a disaster or traumatic event

<https://www.cdc.gov/mentalhealth/tools-resources/index.htm>



## Be Active at Work

Now that it's getting colder outside, find creative ways to be active inside while at work.

Some ideas to get you started:

1. Find an unused space to have you and some of your co-workers stretch or do some cardio together.
2. Bring your iPad and exercise to a 10 minute exercise video.
3. Meet before or after work at a nearby school to walk together inside.



## App of the Month

Want to stop using tobacco, but need a little support? Do you like using technology to your advantage? **Try one of the these apps:**



**EasyQuit.** This is a free app available for Android systems. It gives you statistics, games, and Stop Smoking Slowly Mode. If it's hard for you to quit now, use this mode to help you stop smoking slowly with a plan made for you.

**Quit It Lite** is available for iOS devices. This is a motivational program to help support and encourage smokers to quit smoking and help ex-smokers to stay quit. It keeps track of the money you are saving, shows how many cigarettes you did not smoke, lets you make goals, accomplish and share achievements, and shows you the benefits of quitting.



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<http://nrns.ne.gov/respite>

**YOU DON'T  
HAVE TO STOP  
SMOKING  
IN ONE DAY.  
START WITH  
DAY ONE.**

Quitting smoking isn't easy. It takes time. And a plan. Let the Great American Smokeout® event on November 21 be your day to start your journey toward a smoke-free life. The American Cancer Society can help you access the resources and support you need to quit. Quitting starts here.

Learn more at [cancer.org/smokeout](http://cancer.org/smokeout) or call 1-800-227-2345.



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**EVEN ONE  
EMPTY SEAT  
AT THE TABLE IS TOO MANY.**

**NHTSA** **buzzed  
driving  
is drunk**



**YOU CAN MAKE A  
CHANGE  
FOR LIFE**



Contact  
your local  
hospital  
or Four  
Corners  
Health

Department  
to find a class near you!

**1** OUT OF **3** U.S. ADULTS  
HAS **PREDIABETES,**  
**ONLY 11% KNOW**  
THEY HAVE IT.